

Woman to Woman Lunch & Learn Kits



Lunch and Learn Sessions

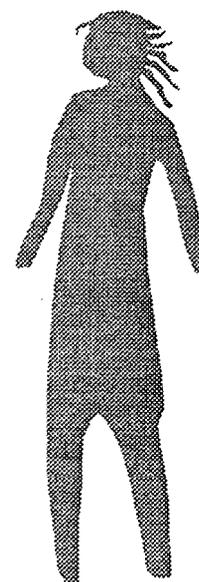
Lunch and Learns sessions are small, 20-30 minute education sessions on breast and cervical health. Conducted by Peer Health Advisers or experienced facilitators, these sessions are scheduled at various times and shifts to accommodate employees' schedules.

Lunch and Learn sessions provide opportunities for employees to obtain information about breast and cervical health, and to practice skills needed to access health screening services. These sessions not only provide employees with an opportunity to discuss various topics relating to breast and cervical health, but also to review their own health behaviors. At the end of each discussion, employees are encouraged to assess their own health practices and set health-related goals.

Lunch and Learn sessions also provide opportunities for employees to develop informal social groups within the worksite, in which they can share common concerns about breast and cervical health and even find sources of support.

Six Lunch and Learn kits have been prepared for the Woman to Woman Program. These contain a Planning Checklist, Session Guide, and Commonly Asked Questions. The materials and supplies needed for each session are listed in the "Materials" section of each kit. Each session has a slightly different emphasis, although all focus on raising awareness of the importance of breast and cervical cancer screening. Lunch and Learn sessions address the following topics:

- Lunch and Learn Session #1: The Basics of Screening for Breast and Cervical Health**
- Lunch and Learn Session #2: The Pap Test: It Could Save Your Life**
- Lunch and Learn Session #3: Ready, Set, GOAL! Setting Goals for Success**
- Lunch and Learn Session #4: Building a Partnership With Your Health Care Provider**
- Lunch and Learn Session #5: A Guide to Good Breast Health**
- Lunch and Learn Session #6: The Importance of Pap Tests**



LUNCH AND LEARN #1

The Basics of Screening for Breast and Cervical Health

Lunch and Learn #1 The Basics of Screening for Breast and Cervical Health

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